

GRAPEVINE

VISITACION VALLEY

NUMBER 190

SERVING OUR COMMUNITY

MAY 2002

Grant Program for Pedestrian and Bicycle Safety



Both Senior Action Network and the S.F. Bicycle Coalition will be receiving City grants to provide community outreach to Visitacion Valley and other neighborhoods on pedestrian and bicycle safety.

Eleven community-based organizations in San Francisco will receive grants of \$15,000 to \$30,000 from the San Francisco Department of Public Health to conduct pedestrian and bicycle safety projects this year.

These individual community projects have been designed by the residents and identify problems and solutions unique to each neighborhood. In 2000, 33 pedestrians were killed and another 972 were injured in San Francisco.

"Pedestrians in San Francisco are at high risk for injury, particularly seniors, children and the disabled," said Dr. Mitch Katz, Director of the San Francisco Department of Public Health. "Because a large proportion of injury deaths occur even before medical treatment arrives, focusing on prevention makes sense and makes the city safer for everyone."

The 11 community-based organizations receiving these grants are: Chinatown Community Development Center; International Institute of San Francisco; Greater West Portal Neighborhood Association; International Institute of San Francisco; Rose Resnick LightHouse for the Blind and Visually Impaired; Self-Help for the Elderly; Park Presidio Neighbors; San Francisco Bicycle Coalition; Senior Action Network; Walk San Francisco; and Wu Yee Children's Services.

Neighborhoods such as Bayview and Hunters Point are dangerous areas to walk and bike in the city, particularly on or near the Third Street Corridor. As a result, three community groups will

focus their projects in these neighborhoods. With input from seniors and families, Network for Elders will develop an educational campaign to reduce speeding and encourage safe traffic behaviors along the Third Street corridor. Senior Action Network will do community outreach to Bayview/Hunters Point and Visitacion Valley seniors and will organize seniors to advocate for improvements at 3rd Street and Palou Avenue, and Bayshore Boulevard and Arleta Avenue. The San Francisco Bicycle Coalition will distribute bicycle safety materials to youth and adult cyclists in Bayview/Hunters Point and Visitacion Valley. In the Outer Mission/Excelsior, the Coalition's outreach efforts will include bike helmets, bike lights and educational materials. The Bicycle Coalition will also hold free "urban riding" workshops and bicycle repair workshops in these neighborhoods.

Chinatown, with its dense residential population and its attraction to visitors, is arguably one of the most pedestrian-traveled neighborhoods in San Francisco. Three of the funded projects will focus on this high-risk neighborhood. The Chinatown Community Development Center will work with neighborhood merchants to reduce blockage of sidewalks. Self-Help for the Elderly, with input from local seniors, will identify special issues for seniors and Wu Yee Children's Services will conduct a similar project with parents of preschoolers in child development centers located at Chinatown and the Tenderloin.

Because populations with special needs

Funding for this program was provided by a grant from the California Office of Traffic Safety through the Business, Transportation, and Housing Agency.

Segment Contract Awarded for Third Street Light Rail Project

San Francisco Municipal Transportation Agency (MTA) on Mar. 19 awarded a construction contract for the first major segment of the Third Street Light Rail Project – Segment B - 4th and King streets to 3rd and 22nd streets – to Mitchell Engineering/Obayashi Corporation for \$19.9 Million. Work is scheduled to begin in May.

Mayor Willie Brown said, "This is an important step in making the Third Street Light Rail Project a reality, which will bring improvements that will not only benefit transit and other traffic, but will also support the economic development and revitalization of the

communities along the corridor."

In awarding the contract, the MTA Board noted that the contractor has met the goal of 25 percent Disadvantaged Business Enterprise (DBE) participation, and that 17 percent is represented by subcontractors located within the communities in the Third Street corridor.

Muni Welcomes New Project Team Members

Muni welcomed the first 15 of the 25 new project team members hired from the community by providing an orientation and project tour on Mar. 27. Members welcomed included: Audie Aaron, Peggy Banks, James Brown, Yvonne Burton, Carleton Carey, Timothy Compton, Jimmie Cook, Howard Flakes, Paulette Francis, Michael Jefferson, Dadisi Najib, Alvin Nero, Jackie Teartt, Monica Pride, Robert Sandling, Marion Spagner, and Eddie Walley. Muni is in the process of bringing the remaining team members on board.

Public Information Center

Muni's Third Street Public Information Center is now open Monday through Friday from 9 a.m. to 5 p.m. at 1676-78 Newcomb Ave. (near Third Street). Phone: (415) 206-7150; Fax: 207-7156. Muni also has a hotline at: 703-6655. Information about the Third Street Light Rail Project can also be accessed at: www.sfmuni.com/thirdst

Free Tai Chi Classes

Free Tai Chi classes for adults, presented by the Visitacion Valley Community Beacon, continue Fridays from 9 to 10:30 a.m. at the Green Garden between Leland and Raymond avenues and Saturdays from 9 to 10:30 a.m. at Visitacion Valley Community Center at 66 Raymond Ave.

Instructor Sifu He is certified through the Chinese National Social Sport Department, was past coach from the Chinese Tai Chi Research Association, and is currently chair of the Sino International Tai Chi.

HUD Grants to Fund Housing Programs And Assist Community Development

WASHINGTON - HUD announced Mar. 28 that it would make \$2.2 billion in grants available to increase homeownership, ensure more affordable rental opportunities, provide assistance to homeless people, and fund numerous other critical housing programs across the country.

The Super Notice of Funding Availability (SuperNOFA) issued today notifies communities and groups throughout the nation that grants are available for 29 HUD programs and 41 funding opportunities.

"These grants reflect the continued commitment of this Administration to help American families find decent and affordable housing," said HUD Secretary Mel Martinez. "We are also encouraging community and faith-based organizations and to extend their reach by partnering with HUD."

The Secretary informed grant applicants that he expects them to exercise responsibility in exchange for funding. "We are going to insist on accountability. Grant recipients will have to meet program goals and create tangible results that are going to help make families and communities stronger," said Martinez.

Martinez said today's announcement also reflects a new commitment to opening up contracting opportunities to small, disadvantaged and women-owned businesses. "They deserve to participate in the contracting opportunities made available through HUD programs - and we will ensure that they can," he said.

Grant applicants need to file their applications through one of four commercial carriers - DHL, Falcon Carrier, Federal Express (FedEx), United Parcel Service (UPS) or United States Postal Service (USPS).

Consumer Gas Hotline Reactivated for Motorists

U.S. Energy Secretary Spencer Abraham met Apr. 11 with representatives of AAA to discuss the outlook for summer gasoline supplies, prices and ways to keep American motorists informed about helpful fuel conservation techniques.

During the meeting, AAA and the Department of Energy discussed the projected average summer gasoline price, estimated to be approximately 8 cents lower per gallon than last summer. The projection assumes no further disruptions in world oil production will occur, and that the gasoline refining and distribution system in the United States will function this summer without any unexpected loss of capacity.

"Instability in the international oil market is this summer's biggest wildcard when it comes to how high or how low gas prices will go," said AAA of Northern California spokesman Atle Erlingsson. "The rising tension in the Middle East is key."

AAA and the Energy Department

Agencies using the latter should complete a certificate of delivery, USPS form No. 38-17.

Grant funding for one major HUD program, HOPE VI, was not announced in this SuperNOFA, but will be issued later.

A basic goal of the SuperNOFA is to make it easier for applicants to coordinate the use of two or more competitive grant programs. By having information about all HUD competitive grant programs, applicants may gain a better understanding of the multiple resources available to address their needs and opportunities.

The application process also encourages coordination among applicants - either encouraging two or more organizations to join forces to submit one application to jointly implement funded activities or to submit separate applications for different grants to coordinate the use of grants.

HUD's SuperNOFA Information Center provides all materials and information necessary to prepare their funding requests. The Center may be reached from 9 a.m. to 8 p.m. Eastern time, Monday through Friday, by dialing toll-free 800-HUD-8929 or 800-483-2209 TTY. Application forms and other 2002 SuperNOFA information, including a list of available grants, are available now.

HUD is the nation's housing agency committed to increasing minority homeownership, creating affordable housing opportunities for low-income Americans, supporting the homeless, elderly, people with disabilities and people living with AIDS. The Department also promotes economic and community development as well as enforces the nation's fair housing laws.

VVCC Senior Center Gets an Upgrade

Agreed to work together to share data and disseminate information rapidly about gasoline supplies and prices if fuel supplies are disrupted, or are rumored by the public to have been disrupted. This commitment to share and release information quickly on gas prices to the media and to the public is intended to prevent panic buying or opportunistic pricing of gasoline in the event of a real or perceived threat to national security.

To aid this effort, the Department of Energy is reactivating its Consumer Hotline, (800) 244-3301, which should be used by consumers to report instances of very significant gasoline price hikes, or unexplained fuel outages.

"There is no reason to expect major fuel shortages or outages this summer," said Erlingsson. "But we still need to think about conservation."

AAA and the Energy Department will be releasing gasoline conservation brochures to the general public prior to the Memorial Day holiday, the official start of the summer driving season.

VVCC Senior Center Gets an Upgrade



VVCC Senior Director Pat Crocker inspected remodeling of her new office by contractors Paul (center) and John as work continued to make the building at 66 Raymond Ave. handicap accessible.

Grapevine Mailbox**Silver Avenue/101
On-Ramp Still Closed**

Re: Fourth Silver Avenue/101 On-Ramp Article December 2001

As a leader with San Francisco Organizing Project (SFOP)/St. Elizabeth in the Portola, I participated in the effort to open the Silver Avenue ramps when Caltrans had decided to have them remain closed in order to speed traffic south. We succeeded in getting three with the help of then-Supervisor Kevin Shelley and Sen. Quentin Kopp. The Board of Supervisors signed off on the three. The fourth was kept closed by Caltrans. They stated that the ramp did not meet current standards for length. Ingenuously, they said that is would be hazardous in such a short distance to have to merge into the right-hand lane with all those trucks intending to exit at

Chris Ortiz

Which is More Important? Price or Customer Service?

by Richard Berman

For the consumer it can be a challenging question. Which is more important, price or service? If both products were equal, the answer would be simple. We would choose the one offered at the lowest price.

But with some products, insurance for example, the wisdom of your price or value decision may not become apparent until you face an emergency. Then, of course, it's too late to run out and buy another policy.

Robert Ballin of Mineola, New York is one of those who is confident he made the right decision. Ballin got into a car accident which he fully admits was his fault. A retired lawyer, Ballin knew the liabilities he might have faced. But he says the rapid settlement from his insurance company spared him the stress of court appearances and testifying at trial.

"They could have delayed payment," says Ballin, "hoping for a better settlement. But instead they did everything they could to help me get through a traumatic situation. I had researched this company through and through—so I was not entirely surprised. I knew they put the policyholders first. But you never know how they'll come through until your back is against the wall. Then you'll be glad you factored great customer service into your insurance buying decision."

Bruce Maynard, a senior vice president for Ballin's insurer, Amica Mutual Insurance Company (www.amica.com), says there are specific ways for consumers to look at the price versus service ratio and come to an intelligent decision.

Among those, says Maynard, are: How knowledgeable are the company's representatives on the phone?

Does the representative try to match your needs—or just sell you a packaged product?

How quickly do you reach an actual person on the phone?

Are you dealing with a company employee...or an independent sales person working strictly on commission?

How is the company rated in top consumer publications and by services like J.D.Power Inc.? (www.JDPower.com)

What is the company's record of customer renewal? They should be willing to tell you what percentage of their customers stay with them year after year.

For how long has the company been in business? What is its rate of employee turnover? (Yes, a good company will even answer that question).

Is it a mutual company, representing its policyholders, or does it primarily represent its investors?

Is the company national or local? A

Alemany Blvd and then into the next lane to avoid the exit-only right-hand lane. When all the retrofit work and lane realignments were completed, the right-hand lane is no longer marked *exit-only*.

If there is popular support for reopening it, I would join you and contact some Portola people. At the time the other ramps were won, the troops were not there for the fourth one, and it would take numbers of people to win. Some expressed concern about the shortness of the ramp and didn't feel safe using it. I felt that the visibility coming down to freeway level was good enough to judge my merge. Occasionally someone would stop dead at the bottom and have a lot of trouble merging and would hold up the following cars. Using Alemany Circle was full of unexpected realignments all during the retrofit and now can be daunting during rush hour. The 9X now routinely travels Bayshore to enter the freeway at Caesar Chavez.

Chris Ortiz

Serious About Nukes

by Mark T Clark

Now that the Bush administration appears serious about dealing with Iraq, and Iraq appears serious about acquiring nuclear missiles, it should come as no surprise that the Defense Department is rethinking how it might use its own nuclear arsenal. Most reporters however are "shocked, shocked" to discover that the administration is actually developing a thoughtful, detailed plan for determining how and when nuclear weapons should be used. The media's offended sensibilities are evident in their reporting on the administration's Nuclear Posture Review (NPR).

Classified parts of the NPR were leaked by an anti-military internet site and then picked up by the *New York Times*, *Los Angeles Times*, *Fox News* and others. It seems that the NPR—and thereby the Bush administration—"targeted" seven nations: Russia, China, Iran, Iraq, North Korea, Libya, and Syria. Worse, according to the talking heads, the NPR called for new nuclear weapons to attack deeply buried, underground bunkers. Critics charge that the Bush administration is thereby more willing to break a longstanding taboo, making the use of nuclear weapons more likely. The NPR also calls for reserving deactivated, but not destroyed, nuclear weapons after reducing the overall inventory of active nuclear warheads to about 2,000. And it would be willing to do so regardless of whether Russia would sign an arms agreement accepting the U.S. posture.

Nuclear planning is nothing new, nor is the potential for conflict in international politics. What is new is the post-Cold War fantasy that nuclear planning is no longer necessary, even harmful. The Clinton administration conducted the last NPR in 1994. Its outdated Cold War framework was reflected in the Review's insistence that nuclear weapons were only good for deterring Russia. No thought was given to new and emerging nuclear powers. Long before India and Pakistan exploded nuclear weapons in

1998, Iraq came within 18 months of completing a nuclear device before the U.S. actively destroyed its program after the Gulf War. Since 1998, Iraq has been free from any inspection of its nuclear activities. And North Korea in 1994 violated its obligations under the Nonproliferation Treaty by diverting enough nuclear material for several nuclear bombs. In August 1998, it launched a prototype intercontinental ballistic missile.

Russia has been compelled by its weak economy to draw down its strategic nuclear forces. However, it has kept a huge nuclear arsenal of

15,000 warheads, many of which are deployed on mobile missiles.

The new NPR plans for those changes. Whatever flaws may exist in the NPR, the ability to think about the "unthinkable" ought not be the cause of alarm. The real cause for concern is the policies and politics of the states mentioned in the NPR. Apart from Russia, which is still experimenting with democratic institutions, all of these states are non-democratic and hostile to the United States. Most have—or want—nuclear weapons. Literally all of them actively support terrorist organizations.

The clucking pundits should examine the NPR further. In it, the administration calls for a new "triad." Building on the old triple-delivery policy (bombers, land-based missiles, and nuclear-armed submarines), the administration wants a new deterrence policy built on three pillars: nuclear weapons, advanced conventional weapons that give the U.S. the capability to defeat nuclear-armed adversaries, and ballistic missile defense.

Until now, the U.S. relied on a variety of different arms control approaches to stem nuclear proliferation. But they worked only as states decided to forgo nuclear weapons development, and they ignored the politics of those regimes. For the new nuclear adversaries, a more robust deterrence and defense scheme is a must.

After September 11, the only outrage would be if the U.S. weren't reconsidering the role of nuclear weapons.

Mark T. Clark is an Adjunct Fellow of the Claremont Institute and Director of National Security Studies at California State University, San Bernardino.

Stop That Starch

NAPS

Richard Berman is a writer specializing in insurance issues. He consulted with Amica Insurance (1-800-24-Anica) regarding information and content for this column.

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From the D.A.'s Office

Bully Gets 15 Years For Strongarm Robbery

Marcus Hudson, 41, was sentenced April 4 to 15 years in state prison for beating and robbing Robert Folsom, 60, a resident of the Seneca Hotel, on Nov. 5, 2000. The crime, which occurred at Stevenson Alley and 6th Street, was witnessed by other residents of the hotel.

"Their willingness to testify was crucial to our successful prosecution," said District Attorney Terence Hallinan.

Hudson was found guilty Mar. 27 after a two-day trial presided over by San Francisco Superior Court Judge Claude Perasso. The jury also confirmed that Hudson had been convicted of voluntary manslaughter in Tennessee in 1987, making this his second strike under California law. Judge Perasso doubled the aggravated term of five years for robbery and enhanced it with an additional five years under the California strikes statute.

"This defendant went through four attorneys and used every trick in the book to delay the trial, hoping the victim and the witness would fade away and the case would have to be dismissed," said Assistant DA Bill Murphy, who prosecuted Hudson. "But the public hung in their with us. One witness called him 'the bully of 6th Street,' and this is the right way to deal with a bully."

Bully Can Take a Toll On Child Mental Health

Ask any child what a bully looks like, and he or she is likely to describe someone who is bigger and stronger. Yet, while bullies certainly are known for their ability to overpower others physically, mental bullying can be just as damaging to children.

When children are picked on by bullies, whether physically or mentally, many feel the need to suffer in silence for fear that speaking up will provoke further torture. But bullying is not a problem that usually takes care of itself. Action needs to be taken.

Parents and caregivers are sometimes reluctant to intervene in conflicts between children but they can teach children not to take part in or become victims of bullying. Children can be taught to assert themselves effectively. As a caring adult, you can:

*Demonstrate aggressive behavior. Teach children to ask for things directly and respond directly to each other. It is OK to say "no" to an unacceptable demand. Let children role-play with puppets or dolls.

*Teach social skills. Suggest ways for children to compromise or to express their feelings in a positive way. Show children how to resolve problems firmly and fairly.

*Identify potential friendship problems and correct them. Teach children how to ignore routine teasing. Not all provocative behavior must be acknowledged. Teach children the value of making new friends.

*Teach common courtesy skills. Teach children to ask nicely and to respond appropriately to polite requests.

*Identify ways to respond to bullies. Help children identify acts of aggression, bossiness, or discrimination. Encourage children not to give up objects or territory to bullies. This discourages bullying behavior.

*Demonstrate the rewards of personal achievement. Teach children to trust and value their own feelings. They will be more likely to resist peer pressure, respect warm and caring adults, and be successful in achieving their personal goals.

Children who are victims or witnesses to acts of bullying often suffer from serious emotional problems including depression and anxiety. The Caring for Every Child's Mental Health Campaign is part of The Comprehensive Community Mental Health Services for Children and Their Families Program of the federal Center for Mental Health Services. Parents and caregivers who wish to learn more about mental well-being in children, please call 1-800-789-2647 (toll-free) or visit the Web site at www.mentalhealth.org/child to download a free publications catalog (CA-0000). The federal Center for Mental Health Services is an agency of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Major Media Wrong: Earth Getting Healthier

by Amy Ridenour

You can tell you've won the debate when your opponent's remaining intellectual argument is to throw a pie in your face.

Bjorn Lomborg, a former Greenpeace supporter, experienced that happy and perhaps, tasty satisfaction during a talk at Oxford University when British environmental activist Mark Lynas threw a Baked Alaska pie in his face.

"I wanted to put a Baked Alaska on his smug face," Lynas said afterward, "in solidarity with the native Indian and Eskimo people in Alaska who are reporting rising temperatures, shrinking sea ice and worsening effects on animal and bird life."

Lomborg has become anathema to many of his former colleagues because, after studying the evidence, he no longer embraces what he sees as the environmental community's shibboleths.

An associate professor of statistics at the University of Aarhus in Denmark, Lomborg, like Lynas, once believed the world was "going to hell," transported there mainly by selfish Americans who insisted on running their air conditioners in summer, their snowmobiles in winter and their SUVs year-round.

Lomborg's view of global warming began to change when he put aside his gut feelings and picked up the latest scientific evidence on the subject.

Lomborg has analyzed those studies in a brilliant new book, "The Skeptical Environmentalist," and concluded "we have more leisure time, greater security, less pollution, fewer accidents, more education, more amenities, higher incomes, and fewer starving people" than any other generation in history.

Why do so many of us apparently believe otherwise?

In large part, Lomborg says, because the challenges of climate change, deforestation, air and water quality and endangered species have been vastly overblown by advocacy groups in search of funding and a somewhat gullible media in search of headlines and air time.

Readers of Lomborg's book will find a tonic from the "the sky is falling" feeling that pervades much of our culture. Consider:

*The percentage of people in the developing world with access to clean water has increased to 80 percent from 30 percent since the early 1970s.

*Life expectancy has followed an upward trajectory for more than 100 years with even those in the most impoverished countries now living longer than did most Europeans in the 1900s.

*The average daily food intake has increased to 2,650 from 2,000 calories over the past four decades.

Rather than have the United States commit what many see as economic suicide by signing a Kyoto treaty that

would cost it up to \$350 billion a year to implement, and cause economic dislocations that would fall particularly harshly on the poor, Lomborg would prefer that the world community provide safe drinking water to the 1.2 billion humans that still lack it.

Americans would do well to follow his advice and critically evaluate what Lomborg terms "the litany" of dire environmental messages that spring at us each day "on television, in the newspapers, in political statements and in conversations at work and at the kitchen table."

In short, thinking for oneself. Imagine that.

*Amy Ridenour is president of The National Center for Public Policy Research, a non-partisan think-tank in Washington, D.C. *NAPS*

Amazing Spiced Sweet Potato Mini Loaves

"Sweet potatoes are amazingly versatile when it comes to holiday baking," notes Sue Johnson-Landon, executive director of the North Carolina Sweet Potato Commission. She adds, "They can be substituted in almost any recipe that uses potatoes, apples or squash. And, they'll kick the nutritional value of any recipe up more than just a few notches." The amazing news about North Carolina sweet potatoes is that they are available year round, so they can be enjoyed any time.

Still think the only way to prepare sweet potatoes is swimming in butter and smothered by marshmallows? Think again. This low-fat recipe won't compromise your waistline. Even better—it makes enough for you to share. Scratch a name or two off your holiday gift list!

For more recipes, see www.ncsweetpotatoes.com. Or send a business-size SASE to North Carolina Sweet Potato Commission, P.O. Box 575, Dept. MR2, Selma, NC 27576.

Sweet Potato Mini Loaves

½ cup cooked sweet potatoes, peeled; 1 cup brown sugar, packed; 1 cup apple juice; 3/4 cup raisins; 1-1/2 tablespoons vegetable oil; 2 teaspoons pumpkin pie spice; 2 cups all-purpose flour; 1 teaspoon baking soda; ½ teaspoon baking powder; ½ cup chopped walnuts.

Preheat oven to 325 F. In a large saucepan, combine first nine ingredients. Bring to a boil over high heat. Lower heat and simmer for 2 minutes. Set aside to cool.

Sift together dry ingredients. Add to the cooled sweet potato mixture; stir well. Fold in walnuts. Spoon batter into three greased mini loaf pans, approximately 3 x 6-inch. Bake on lowest rack for 60 minutes or until a wooden pick inserted into center comes out clean. Cool in pans for 10 minutes. Remove from pans and cool on wire rack. Makes three mini loaves or 18 servings.

Note: If baked in a 9 x 5 x 3-inch loaf pan, increase baking powder by ½ teaspoon and increase baking time by 30 minutes. *NAPS*

Buying a Digital Camera

How often have you had your film developed only to be disappointed that the photos weren't "picture perfect?" You're not alone. According to a recent survey, commissioned by Hewlett-Packard, two out of three Americans acknowledge that they are unhappy with the outcome of their rolls of film.

The survey also found that 84 percent of Americans are aggravated by problems commonly associated with traditional film photography, such as red eye, out-of-focus/poorly framed photos, and running out of film.

With advances in digital photography, these frustrations can be virtually eliminated. No more cutting off dad's head or thinking you captured that "magic moment" at your child's first birthday—only to find that you forgot to load the film. Digital imaging gives you complete control over the outcome of your photos because you can view, edit, re-shoot and delete images as you are taking them.

Today, digital cameras and printers are more affordable and easier-to-use than ever. In fact, with products from HP's new digital imaging line, you can set up your own photo lab at home for under \$400. The new HP Photosmart 318 digital camera and Photosmart 100 photo printer allow you to instantly capture, share and print images. There are also enhanced photo papers that achieve high-quality, long-lasting prints that have the same look and feel of traditional prints.

Purchasing a digital camera can be intimidating. Julie Adair King, author of *Digital Photography for Dummies*, *NAPS*

VISITACION VALLEY GRAPEVINE · MAY 2002 · 3

offers the following tips for choosing a digital camera that fits your lifestyle and budget:

*Find a good physical "fit." Take a few test shots and evaluate how comfortable the camera feels in your hands and that the controls are easy to manipulate.

*Megapixel madness! The greater number of megapixels, the higher the resolution and quality. One-megapixel digital cameras produce great snapshots and 5x7-inch prints. Two-megapixel cameras generate quality 8x10-inch prints. Three- or four-megapixel cameras create high-quality prints at even larger sizes.

*Photo-enthusiast or casual photographer? For serious photo-enthusiasts, look for advanced features such as manual focus, optical zoom, exposure control and the ability to use accessory lenses and filters. Casual photographers may want a digital camera with fewer features (and lower cost).

*Removable memory. Most cameras store images on removable memory cards, such as CompactFlash or Smart Media cards. When the memory card is full, either delete unwanted photos or simply pop in another and continue shooting. You can also take advantage of new printers, like the HP Photosmart 100 or 1315 photo printers that print photos directly from memory cards.

*Don't forget the batteries! Digital cameras need lots of juice. To reduce the cost of taking pictures, look for a model that uses rechargeable batteries. For additional purchasing tips and information regarding digital photography products, visit the Web site at www.hpsShopping.com.

Taking the Guesswork Out of Medicine

Guessing games are fun to play with your kids, but not when you're trying to give a sick child the right dose of medicine. The Council on Family Health (CFH) and the U.S. Food and Drug Administration are offering parents and caregivers 10 tips to take the guesswork out of giving medicine to children.

1. Read and follow the label directions every time. Pay special attention to usage directions and warnings. If you notice any new symptoms or unexpected side effects or the medicine doesn't appear to be working, talk to your doctor or pharmacist immediately.

2. Never guess on the amount. Half an adult dose may be more than your child needs or not enough to help.

3. Know these abbreviations: tablespoon (tbsp.), teaspoon (tsp.), milligram (mg.), milliliter (mL.) and ounce (oz.).

4. Avoid conversions. If the label says two teaspoons and you're using a dosing cup with ounces only, get the proper measuring device.

5. Don't play doctor. Twice the recommended dose is not appropriate just because your child seems twice as sick as last time.

6. Talk to your doctor, pharmacist or

other health care professional before giving two medicines at the same time to avoid a possible overdose or an unwanted interaction.

7. Follow age and weight limit recommendations. If the label says don't give to children under a certain age or weight, don't. Call your doctor.

8. Use the child-resistant cap and relock the cap after each use. Also, be especially careful with iron-containing vitamins or supplements, which have been a source of accidental poisoning in children under three.

9. Keep drugs and supplements out of the sight and reach of children.

10. Don't buy or use any medicine from a package that shows cuts, tears, slices or other imperfections.

You can learn more in the pamphlet, *Gota Sick Kid? Don't Guess. Read the Label*. It also includes the current U.S. childhood immunization schedule.

"When it comes to taking medicines, kids aren't just small adults. Always read the label to make sure you give your child the right medicine and the right amount," says CFH President Robert G. Donovan.

For a free copy of the pamphlet, visit www.cfhinfo.org and www.pueblo.gsa.gov or write: Federal Consumer Information Center, Item #507J, Pueblo, CO 81009. *NAPS*

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Book Reviews

Giving Parents A Helping Hand

The National Institute of Child Health and Human Development (NICHD) is offering a new booklet to help parents tackle the day-to-day challenges of raising children.

Adventures in Parenting: How Responding, Preventing, Monitoring, Mentoring, and Modeling Can Help You Be A Successful Parent offers parenting tools that can be used with children of any age.

"Parenting is the most important job in the world, but it can also be the toughest," said Duane Alexander, M.D., director of the NICHD. "Adventures in Parenting explains what we've learned from decades of parenting research. It describes the findings on what works, shows parents how to use this information in their own lives, and gives them the tools they need to help build strong relationships with their children."

The easy-to-read booklet draws on years of scientific research to give parents strategies for parenting, as well as insights from parenting experts. It includes stories of how some people have used the booklet's techniques in their day-to-day activities in parenting children from birth through the teen years.

"Adventures in Parenting isn't a one-size-fits-all formula; it's so much more," noted Sharon L. Ramey, Ph.D., an NICHD researcher and founding director of the Civitan International Research Center at the University of Alabama at Birmingham. "It gives people a framework for making decisions based on scientific research. Parents, step-parents, grandparents anyone who cares for children-can benefit from this booklet and will find value in the information it provides."

Dr. Ramey co-chaired the 1999 parenting conference sponsored by the NICHD and the Robert Wood Johnson Foundation, which served as the basis for *Adventures in Parenting*.

The *Adventures in Parenting* booklet encourages parents and others

involved in raising children to use an approach called "RPM3." RPM3 involves responding to your children in an appropriate manner, preventing risky behavior or problems before they arise, monitoring your child's contact with his or her surrounding world, mentoring your child to support and encourage desired behavior, and modeling your own behavior to provide a consistent and positive example.

Adventures in Parenting is available free-of-charge by calling the NICHD Information Resource Center at 1-800-370-2943. It's also available online at www.nichd.nih.gov. The NICHD is part of the National Institutes of Health, the biomedical research arm of the federal government. The NICHD sponsors research on development before and after birth; maternal, child, and family health; reproductive biology; population issues; and medical rehabilitation.

Free Guide Explains Privacy Notices

You've probably been receiving privacy notices from banks and other financial companies. These notices explain:

- * What personal financial information the company collects.

- * Whether the company intends to share your personal financial information.

- * What you can do to limit some of that sharing.

- * How the company actually protects your personal financial information.

Federal privacy laws give consumers the right to prevent or "opt out" of some sharing of their personal financial information. These laws balance your rights to privacy with financial companies' needs to provide information for normal business purposes.

When you receive your privacy notices, be sure to:

- * Read all privacy notices;

- * Get answers to your questions from your financial company;

- * If applicable, decide whether you want to opt out; and

- * If you want to opt out, follow the instructions in the notice- and, if necessary, shop around for a financial

institution with the privacy policy you want.

To learn more, see the new consumer guide, *Privacy Choices for Your Financial Information*. The guide is available at www.federalreserve.gov/pubs/privacy.

Single printed copies are available free from Publications, Mail Stop 127, Federal Reserve Board, Washington D.C. 20551 (202-452-3245).

Defying Expectations

USA Today bestselling author Sherryl Woods returns to the delightful village of Trinity Harbor in *Ask Anyone* (MIRA Books, \$6.50), the second novel in her humorous, heartwarming series about the fictitious Virginia coastal town and its collection of quirky citizens.

An ambitious single mother, an antique carousel horse, meddling family members and a riverfront renovation project are just a few ingredients in what promises to be one of the year's most talked-about romance novels.

A born mischief maker who happens to be drop-dead gorgeous, Jenna Pennington Kennedy will stop at nothing to make her name with the development of Bobby Spencer's riverfront property. Of course, there's a major obstacle in Jenna's way-Bobby Spencer himself, the stubborn and sexy property owner.

The two are on a collision course-Bobby wants to avoid his father's intrusion while Jenna is desperately trying to prove herself to her family-but their crisscrossing paths just might lead straight to the heart.

Safe Money Guide

(With new risks and suspicions on Wall Street, where can you find truly safe investments? How can you protect yourself against future losses? How can you build your wealth steadily? A new book provides the answers to these and many other urgent questions facing all Americans seeking a secure retirement.)

In *The Ultimate Safe Money Guide: How Everyone 50 or Over Can Protect, Save and Grow Their Money* (Wiley, \$24.95), Martin D. Weiss, chairman of America's leading independent rating agency, exposes the stock market

deceptions and proposes practical solutions to investors. He helps readers:

- * Avoid stock market scams and spot earnings manipulations

- * Recover money lost by careless or dishonest brokers

- * Offset the financial burden of medical and healthcare costs

*Choose the right life, health and long-term care insurance

With the book's special Risk Self-

Test, readers can match their invest-

ments to their personal risk level.

Practical worksheets and step-by-step

instructions make the book easy to read

and simple to follow.

NAPS

Cutting Off Large Trucks Unsafe at Any Speed

Pulling out into traffic, especially at highway speeds, is one of the trickier maneuvers that drivers must master. What many people fail to realize, however, is how many factors affect the amount of time and speed needed to do so safely-especially when the oncoming vehicle is a much larger one, such as a tractor trailer.

Many drivers, when pulling into traffic, consider how far away approaching cars are, rather than how fast they're coming. In addition, there is a human tendency to underestimate the speed of large approaching objects, such as trucks or trains.

These factors, combined with ordinary highway experience-in which drivers are generally accustomed to allowing for the speed of similar-sized vehicles-put many people at risk for deadly collisions. That's because it takes trucks and other large vehicles a lot longer to slow down and/or stop than cars.

According to the National Safety

Council, a fully loaded tractor trailer, traveling on a level, dry surface at 65 miles per hour, requires 66 percent more stopping distance than a passenger car traveling at the same speed. Even at lesser speeds, trucks need more room; at 40 mph, for example, a truck needs 36 percent more stopping distance.

Reaction time is critical. Decisions made with regard to traffic happen within fractions of a second, yet consider: In 1/4 of a second, a truck traveling at 65 mph goes almost 24 feet. That's more than two car lengths-far enough that drivers have very little room for error.

In this case, safety is simple. Be aware that trucks need more time-and distance-to stop or slowdown, and give these vehicles the room they need.

Cutting off a truck in traffic may save you a few seconds in getting to where you're going-if you ever get there.

Guess wrong when a large truck is involved and you're dead.

NAPS

Hungary for Something Different? Try Goulash

If you're stewing over what to make for a potluck or buffet supper, a classic European concoction may be just the dish you desire.

Rich, savory and simple to make-it takes a single pot to cook-Hungarian Goulash is a traditional stew of beef or veal and vegetables, with paprika and other seasoning.

This variation on the original dish uses Coca-Cola as a flavoring agent, adding a touch of sweetness to temper the hearty tastes of paprika and caraway seeds. It's a delightfully different contribution to the buffet table that's sure to have diners saying "k-e-sz-n-m" (thank you).

Hungarian Goulash

3 lbs. lean beef chuck; 2 Tbsp. margarine; 2 cups chopped onions; 1 clove garlic, minced; 1 Tbsp. paprika; 2-

1/2 tsp. salt; 1/2 tsp. caraway seeds; 1/2 cup Coca-Cola; 1/4 cup dry red wine; 4 ripe tomatoes; 3 Tbsp. flour; Hot cooked noodles

Cut beef into 1-inch cubes, discarding bone and fat. In a Dutch oven, melt margarine and add meat, stirring to brown on all sides. Remove meat cubes as they brown. Saut onions and garlic in the drippings until they are soft. Stir in paprika, salt and caraway seeds; cook 1 minute. Stir in meat, Coca-Cola, wine and peeled, cut-up tomatoes. Cover tightly; simmer about 1 1/4 hours or until meat is fork-tender.

Blend flour with a little water to make a smooth paste; stir into goulash. Stir and cook 3 to 5 minutes until gravy is thickened. Serve with hot noodles.

NAPS

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Senior Central District #7 has applications for Rebuilding Together (Formerly Christmas in April), as well as Homeowner and Renter Assistance Applications.

Senior Central District #7 is a Volunteer Site. For more information please call (415) 330-1789. We are located at 50 Raymond Ave. between Bayshore Boulevard and Alpha Street.

*Grapevine Puzzler***Counties of Oregon**

H A M O N T L U M Z C V G F G H G H J C
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Baker	Douglas	Lake	Sherman
Benton	Gilliam	Lane	Tillamook
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Clatsop	Harney	Linn	Union
Columbia	Hood River	Malheur	Wallowa
Coos	Jackson	Marion	Wasco
Crook	Jefferson	Morrow	Washington
Curry	Josephine	Multnomah	Wheeler
Deschutes	Klamath	Polk	Yamhill

Historic Proportions

Match clues to answers.

1938

- American aviator flew from New York to Ireland by mistake instead of California.
- First commercial oil find here on Mar. 15.
- Mass production began in Detroit on Jan. 19.
- Country invaded and merged with Germany on Mar. 14.
- NHL Stanley Cup winners on Apr. 12.
- Nazi forces occupied Czech territory on Oct. 3.
- Country broke relations with British on May 13 over oil dispute.
- He declared himself Supreme Commander of his country's armed forces on Feb. 4.
- British capture Palestinian town on Nov. 13.
- Radio show caused panic on Oct. 30.
- Millions approved Feb. 6 for U.S. project.
- Honored in New York July 15 after record-breaking flight around the world.
- Boxing champ retained his title after bouts in March and April.
- First game show aired on BBC on May 31.
- Reprimanded by FCC on Jan. 14 for "lewd" radio program content.
- New device for airplane safety was demonstrated in New York.
- World Series winners on Oct. 9.

Five Years Ago
In the Grapevine

May 1997

*Visitacion Valley residents expressed their concerns about proposed new neighborhood housing developments at a Apr. 19 meeting.

*Project team recommendations were scheduled to be discussed at a May 6 meeting for the Third Street Light Rail Project.

*Residents of Midway Village adjacent to the Cow Palace in Daly City had been experiencing mysterious illnesses for years before being informed that PG&E that gas was once manufactured on the site where they were living.

Sump, the Grump**Stranger Than Science**

The following answers were taken from the test papers of science students. Our students are learning some surprising things.

"Charles Darwin was a naturalist who wrote the *Organ of the Spices*."

"Benjamin Franklin produced electricity by rubbing two cats backward."

"Three kings of blood vessels are arteries, veins and caterpillars."

"A thermometer is an instrument for raising temperature."

"A vacuum is a U-tube with a flask at one end."

"The process of turning steam into water again is called conversation."

"A magnet is something you find in a bad apple."

"Ammonium chloride is also silly maniac."

"The earth makes a resolution every 24-hours."

"The cuckoo does not lay its own eggs."

"To collect fumes of sulphur, hold a deacon of flame in a test tube."

"Parallel lines never meet unless you bend one or both of them."

"Typhoid fever may be prevented by fascination."

"Algebra was the wife of Euclid."

"Algebraic symbols are used when you do not know what you are talking about."

"Geometry teaches us to bisect angles."

"A circle is a line which meets its other end without ending."

"Sound is a rapid series of oscillations."

"The moon is a planet just like the earth only deader."

"The pistol of a flower is its only protection against insects."

"An example of animal breeding is the farmer who mated a bull that gave a

great deal of milk with a bull with good meat."

"We believe that reptiles came from the amphibians by spontaneous generation and the study of rocks."

"English sparrows and starlings eat the farmer's grain and soil his corpse."

"By self-pollination, a farmer may get a flock of long-haired sheep."

"If conditions are not favorable, bacteria go into a period of adolescence."

"Dew is formed on the leaves when the sun shines down on them and makes them perspire."

"Vegetative propagation is the process by which one individual manufactures another individual by accident."

"Sea water has the formula CH_2O ."

"A super saturated solution is one that holds more than it can hold."

"A triangle which has an angle of 135 degrees is called an obscene triangle."

"The hydra gets its food by descending upon its prey and pushing it into its mouth with its testicles."

"Blood flows down one leg and up the other."

"The cerebrum is a cavity in the head."

"A person should take a bath once in the summertime and not quite so often in the winter."

"The hookworm larva enters the human body through the soul."

"When you haven't got enough iodine in your blood you get a glacier."

"It is a well-known fact that a deceased body warps the mind."

"The human is more intelligent than the beast because the human has more convulsions."

"For fainting: Rub the person's chest or if a lady, rub her arm above the hand."

As a Matter of Fact

*Connecticut and Rhode Island never ratified the 18th Amendment to the Constitution (prohibition).

*The world's first nightclub opened in Paris in 1843.

*The first orchestra in America was founded in Boston in 1810.

*Originally the word *cynic* was a name for a student at a school for philosophers called Cynisarges, which is Greek for white dog.

*The earliest types of toy music boxes were round music boxes that played a single tune when the crank was turned.

*Alexandre Gustave Eiffel, the man who designed the Eiffel Tower, also designed the inner structure of the Statue of Liberty.

*Legend has it that the entire American coffee industry stems from a single coffee bush smuggled out of France in the 1720s.

*An early investor in the British tea trade was Earl Gray, for whom the blend of tea was named.

*The process of cutting off faded flowers is called deadheading. This usually results in a longer bloom cycle.

*In 1943, the content of cent coins was changed to zinc-coated steel because of wartime copper shortage.

*Lettuce, endive and artichokes are all part of the thistle family.

*Experts claim that the choicest tea comes from the bushes grown above an altitude of 4,000 feet.

*If a lobster's right claw is larger than the left, it is described as being right-handed.

*The word ventriloquism comes from the Latin *venter*, meaning belly, and *loqui*, meaning to speak.

*Grover Cleveland is the only U.S. president to have been married in the White House.

*The first U.S. commemorative coin was produced in 1892 and featured Christopher Columbus.

*Once called the Canadian potato, the Jerusalem artichoke is actually a type of sunflower.

*Flotsam is debris floating in the sea; jetsam is cargo thrown overboard to lighten the boat.

*The honeybee was introduced into New England around 1640. It is believed to be native to southern Asia.

*Sterling silver contains 7.5 percent copper.

*Flamingoes are not naturally pink. They get their color from their food – blue-green algae that turn pink in digestion.

*It is said little cakes of salt, each stamped with a likeness of the emperor, were once used as money in China.

*It is always a good idea to mow a lawn when the grass is dry.

*Large kangaroos can hop as fast as 40 miles an hour over short distances and can leap over obstacles as high as six feet.

*The raspberry is a member of the rose family.

*Many believe the Egyptians were the first to cultivate the olive tree.

*In 1925, a Ford automobile cost \$265.

*Nicolas Appert developed canning as a method of preserving food in 1795.

*Pruning trees and shrubs in the winter tends to encourage new growth.

*The name rhinoceros comes from Greek words meaning horned nose.

*A picotee flower has petal tips in a color different from the rest of the petal.

*Nothing that has already been burned once can be burned again.

*The name orangutan comes from a Malay word meaning man of the woods. The large red ape is found in Sumatra and Borneo.

*A ten-gallon cowboy hat actually holds less than a gallon of liquid.

*The world's first skyscraper, the 10-story Home Insurance building, was built in Chicago in 1883.

*The first heavyweight championship title was won by John L. Sullivan in a bare-knuckle contest in 1885.

*The town of Tarzana, California was named for the fictional character, Tarzan. Tarzan's creator, Edgar Rice Burroughs, lived there for many years.

*The creation of potato chips was first attributed to a chef at Moon's Lake House Hotel in Saratoga Springs, New York.

18. Champions of the NFL in December.

A. Jericho

B. War of the Worlds

C. Howard Hughes

D. Adolf Hitler

E. Transcontinental highway

F. Diesel engines

G. Mae West

H. Saudi Arabia

I. Joe Louis

J. New York Yankees

K. Spelling Bee

L. New York Giants

M. Altimeter

N. Sudetenland

O. Wrong-Way Corrigan

P. Austria

Q. Chicago Black Hawks

R. Mexico

Answers: 1-I, 2-H, 3-F, 4-P, 5-Q, 6-

Sez Who?

Match quotes to speakers

1. "You can't build a reputation on what you are going to do."

2. "Winning isn't everything, but the will to win is."

3. "If at you first you doubt, doubt again."

4. "Though the people support the government, the government must not support the people."

5. "The only thing wealth does for some people is to make them worry about losing it."

6. "War is cruel and you cannot refine it."

7. "Don't throw stones at your neighbors', if your own windows are glass."

8. "Life is a progress from want to want, not from enjoyment to enjoyment."

9. "No man is the wiser for his learning."

A. William Bennett

B. John Selden

C. Benjamin Franklin

D. Grover Cleveland

E. Vince Lombardi

F. Samuel Johnson

G. Henry Ford

H. William T. Sherman

I. Comte de Rivarol

Answers: 1-G, 2-E, 3-A, 4-D, 5-I, 6-

Four Steps to Cut Your Auto Insurance Costs

Four simple steps could save consumers hundreds of dollars on their auto insurance premiums. "We counsel all consumers to be smart about their auto insurance and to talk with their agents, their current insurance company or do online research to be sure they have the right coverage and the right services at the right price," says Alex Ho, consumer marketing director for Progressive. To be a smart auto insurance buyer, follow these steps:

Visitacion Valley Police Log

*Mar. 13: 5:50 a.m., 000 block of Alder St., burglary of residence, forcible entry.
 *Mar. 13: 4:30 p.m., 000 block of Cora St., grand theft from building
 *Mar. 16: 1:49 p.m., Geneva Ave. & Santos St., assault on police officer with deadly weapon.
 *Mar. 19: 1 p.m., Santos St. from Blythdale Ave., aggravated assault with deadly weapon.
 *Mar. 20: 6 p.m., 000 block of Tioga Ave., grand theft from locked auto.
 *Mar. 20: 9:30 p.m., 000 block of Alpha St., grand theft from locked auto.
 *Mar. 21: 9 a.m., Visitacion Ave. & Schwerin St., grand theft from locked auto.
 *Mar. 22: 5:30 p.m., 700 block of Velasco Ave., forcible entry.
 *Mar. 22: 8 p.m., 200 block of Blythdale Ave., burglary of apartment house, forcible entry.
 *Mar. 23: 5 a.m., 200 block of Arleta Ave., burglary of residence, forcible entry.
 *Mar. 23: 3:15 p.m., Visitacion Ave. & Schwerin St., grand theft from person.
 *Mar. 23: 3:20 p.m., Visitacion Ave. & Hahn St., grand theft, purse snatch.
 *Mar. 23: 6:30 p.m., 900 block of Brussels St., grand theft of property.
 *Mar. 25: 1:50 p.m., Brookdale & Blythdale Aves., aggravated assault with deadly weapon.

*Mar. 26: 10 a.m., 100 block of Brookdale Ave., burglary of residence, unlawful entry.
 *Apr. 2: 4:30 p.m., 200 block of Leland Ave., aggravated assault with deadly weapon.
 *Apr. 3: 10:34 p.m., 1500 block of Geneva Ave., aggravated assault with knife.
 *Apr. 4: 8 a.m., 500 block of Raymond Ave., burglary of residence, unlawful entry.

Senior Bingo

12:30 p.m. Every Tuesday,
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Come Join the Fun!!

May 2002				
	1	2	3	4
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
			31	

San Francisco City Meetings

Aging 1st Wed 9:30a, Airport 1st/3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu 3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec & Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, Supervisors Mon 2p Visitacion Valley Community Center Mondays: Senior Shopping 11:30 a.m., Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., Thursdays: Sewing Class 9 a.m.-3 p.m. VVCC Regular Board Meeting is held on the 4th Thursday of each month at 5 p.m. (except for May 2002 when held on the 2nd Saturday).

San Francisco City Services

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CITY TREES (limming).....	695-2162
CRIME-STOPPERS (anonymous) 1-800-2GIVEINFO	
DOMESTIC/FAMILY VIOLENCE.....	864-4722
DPW... (days) 695-2017; (nights/weekends) 895-2020	
EMERGENCY SERVICES.....	9-1-1
EMERGENCY SERVICES (cell phone).....	553-8090
GARBAGE SERVICE COMPLAINTS.....	255-3610
GRAFFITI CLEANUP (DPW).....	241-WASH
GRAFFITI SUSPECT INFO.....	553-1603
INGLESIDE STATION (Anonymous 333-3433).....	553-1603
LELAND AVENUE RESOURCE CENTER.....	585-2675
MAYOR'S OFFICE.....	554-7111
MAYOR'S NEIGHBORHOOD SERVICES.....	554-6110
NARCOTICS TIP LINE (anonymous).....	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT).....	553-1200
POLICE (non-emergency).....	553-0123
POTHOLE REPAIR.....	695-2100
SAFE (neighborhood watch groups).....	673-SAFE
STREET LIGHTING CITY (out of order).....	554-0730
STREET LIGHTING PG&E (wood poles).....	693-3201
SUNNYDALE RESOURCE CENTER.....	586-7572
TRAFFIC SIGNALS (out of order).....	550-2736
TRAFFIC ENGINEERING.....	554-2300
WMS ANONYMOUS HOTLINE.....	281-8406

Understand and Prevent Your Lower Back Pain

While there is no quick-fix remedy for low back pain, there is plenty that can be done to predict and even help prevent it. This is good news for the nearly 80 percent of Americans whose quality of life will be affected by this condition.

First, who is most susceptible to low back pain? Studies show that people with weaker back and spinal muscles are 44 percent more likely to experience discomfort.

"If you are looking for motivation and guidance, consider seeing a physical therapist, chiropractor or a certified personal trainer," said Greg Ninberg, doctor of chiropractic. "However, there are plenty of effective exercises you can do in the comfort of your own home."

Here's some tips to consider:

*Stretch, Stretch, Stretch-Before getting out of bed each morning, practice some simple stretches that will start the day right. Stretch your back muscles every chance you get, including during work breaks and the lunch hour. Be sure to perform stretches right after work or before bed to relieve the stress of all-day back muscle compression.

*Don't forget the abs-When strengthening muscles, focus efforts on the back, but balance the torso by also strengthening the abdominal muscles. Be careful not to strain your back muscles.

*Consider your work environment-How your office is organized can have a big effect on your back. Be sure to have a comfortable chair, and organize your work station so the computer can be accessed easily and comfortably.

*Choose a firm mattress-If you wake up with back pain but feel fine throughout the day, the mattress may be the culprit. Try sliding a sheet of plywood between the mattress and box springs as a quick fix. Also, ask about the new cervical pillows that provide more support for the curve of the neck.

"Different equipment can be used to strengthen and stretch low back muscles," said Ninberg. "Some exercises can be done with standard household items, while others may require more sophisticated equipment."

For strengthening and stretching, try Therabands or even a length of rubber tubing. Medicine or swiss balls, and machines like the Ab Dolly, are ideal for strengthening the abdominal muscles; and with strong abs, you're

Common Sense Tips For Using Plastic

While the busy life of the average U.S. household has shortened the time that most people have to prepare and eat their meals, innovations in packaging and microwave technologies have preserved the time-honored tradition of family mealtimes. This revolution in American kitchens can provide quicker, tastier, more nutritious and more diverse food choices than ever before.

Plastic can be credited for much of the convenience that we have come to expect in healthful food preparation and storage. For decades, homeowners have found this material to be a natural fit in the kitchen.

Today, more than 90 percent of American households own a microwave oven. As microwaves have become a common tool in U.S. homes, plastic has become even more popular with pre-packaged food.

Still, few people understand how microwaves work. Microwave ovens don't produce heat, but use waves of energy that heat the moisture in foods.

This means that the heat in a microwave oven is coming from the food itself. Overheating food or using containers not designed for microwave use could cause some containers to melt.

No one wants to melt microwaveable kitchenware and it may not be appetizing imagining plastic in your dinner. Still, if you were to accidentally eat food containing melted plastic, there would be no impact on your health according to an expert on food packaging and former supervisory chemist at the FDA.

To make the most of your microwave and plastic kitchenware, here are a few pointers:

*Follow directions. If you can't find a manufacturer's instructions for microwave use on the packaging, use a different container. For example, restaurant take-out containers usually are not intended for the microwave. Transfer food into a microwaveable plastic container.

*Toss the trays. Trays and containers provided with microwave meals are not designed to become everyday dishes. They may be convenient, but they are only intended for one-time use with certain foods.

*Chill. New technology allows some kinds of packaging to go from the freezer to the microwave. But, in general, most cold food packages are designed to stay cold.

*Wrap it up. Use plastic wrap

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recommended for microwave use to keep moisture in and facilitate even cooking during rewarming. Placing plastic wrap loosely over bowls and plates during heating also helps prevent food from splattering and creating a mess.

*Hot, hot, hot! Because the food inside can cause the container to become hot, it is important to be careful when removing containers from a microwave oven. Remove plastic wrap or lids carefully away from your face to avoid burns from a sudden release of steam.

Children should only be allowed to use a microwave while under the supervision of an adult. Be certain that your children are familiar with these tips. Encourage them to use oven mitts to remove dishes from the microwave.

To receive a free brochure with additional tips, please telephone 1-800-2-HELP-90.

NAPS

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library, children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work-Job Readiness Training" Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE 15TH ANNIVERSARY ISSUE featuring a 10-page history of Visitacion Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: \$75, 1/2 Page \$40, 1/4 Page \$22.50; 1/8 Page \$12.50, 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details.

Want Ads: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

SENIOR CENTRAL DISTRICT, 7, 66 Raymond Ave., 330-1789

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY

VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING

MARK VOELKER PLUMBING, 99 Arista Ave., 467-7401

POST OFFICE

VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE

CAMERON-JONES, INC (Cathy Kline Saunders), 334-0800

RESTAURANTS

CUFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, Fax 330-9813

G&L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283

HONG YUN RESTAURANT, 73 Leland Ave., 469-5686

SUN FAIR RESTAURANT, 30 Leland Ave., 587-2763

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252

SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141

TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Majone Ann Williams, CEO, Career and Self-Enhancement Specialist), 467-7608

SERVICE PROVIDERS

THE VILLAGE, 333 Schwinn St., 239-5045

VISITACION VALLEY BILINGUAL EDUCATION

SUPPORTIVE SERVICES & TRAINING (WBEST)

VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400

VVCC CHILDREN'S PROGRAM, 161 Leland Ave., 586-6998, Fax 586-8027

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwinn St., 239-2866

SHOE REPAIR

ARMANDO'S SHOE REPAIR (Armando Rosignolo), 156A Leland Ave., 239-7215

SIGNS

SMITH'S SIGNS, 153 Leland Ave., 333-2700

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SIN FUNG VIDEO, 144 Leland Ave., 586-1038

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